



COMMUNITY CHAMPIONS

GET IN TOUCH with Rohini, Jenny or Jo
9.00—5.00 Monday - Friday
Phone us 01858 439262
Email: champions@vasl.org.uk
Or call in to First Floor, Torch House,
Torch Way, Market Harborough LE16 9HL

Volunteer Newsletter April 2017

Hello all, with the nicer weather some volunteers and clients have been venturing out more whilst others are still enjoying the companionship of regular home visits. Digital volunteers are helping to get people online.....

Did you know.....
we now have **84** people actively involved in VASL's Community Champions Project.

Spring Beauty

My client and I took a trip out to East Carlton Park. We had a good walk around the perimeter, listening to the bird song, and looking at the lovely display of Snowdrops. The cheeky squirrels came very close to us as they chased each other up the trees. The woodland shop had lots of interesting products, such as jars of jams, pickles, fruit and veg, craft items etc.



A pleasant trip out!

Judy trained as a VASL Community Champions volunteer in June 2016. She had recently lost her husband, had time on her hands and wanted to use her skills and experience to do something positive in her local community.

Home Visit Case Study

She started visiting a 103 year old lady who still read a daily paper and wanted someone from outside the family to discuss topical stories with. Judy reports on a recent visit to Cissie

“I visited Cissie on Friday afternoon. She was fine and we found several topics to talk about. At Cissie’s age I feel I am there to give some extra company, not to try to change her routine”

Marion, Cissie’s daughter has said “Your volunteer Judy is just brilliant. Mum really looks forward to her visits. Thank you so much” It is great that families notice the positive difference that volunteer visits make.

Judy now also visits Lin at home on a Sunday. Lin said “I get a bit lonely especially at weekends when everyone else is with their family. There are things I can do during the week and I use my computer a lot but its lovely to have a visitor on Saturday or Sunday.”

We were delighted that Lin and Judy were able to join us at Kelmarsh for the Community Gathering.



Community Champions is part funded by VASL and Harborough District Council’s New Homes Bonus/Community Fund

Registered Charity No. 1141274 Company Registration No. 7517828



5 April 10am – 11.30am Community Gathering Lutterworth Sports Centre, Coventry Rd, Lutterworth LE17 4RB ; please let us know if you need transport

9 April Lions Free Concert and Tea for Seniors, Jubilee Hall Market Harborough. contact Jane Clarke 01858 468373 or jane.e.clarke@btinternet.com

25 April 1- 5pm (approx.) Visit to Curve theatre, for clients and volunteers (details below)

4 May Community Gathering 2-3pm venue tbc

CURVE

The cost for Curve is £15 which we need by 13th April.

The project is paying the transport.

What you need to know

The full tour involves walking for an hour, with brief stops in the auditorium and the studio where you can sit down.

We will use the lift to access the upper floor, but only able bodied people will be able to go down into the basement, which includes the orchestra pit and the trap doors for the stage. If you can't go downstairs you will be able to sit and wait for us, and you will still be able to see the paint room where they create scenery, the costume area, the auditorium, rehearsal rooms, hear the history of the theatre, and maybe see a famous face or two.

(Access is dependent on performances/rehearsals that are taking place).

You need comfortable shoes and don't dress too warmly as the theatre is heated throughout.

"I have been to check it out, it is really interesting, the guide is very informative and I am happy that even if you can't complete the basement section of the tour there is still plenty of interest" Jenny

Get in touch if you would like more information.

Community Vehicle will collect from home (time to be confirmed)

Travel to Curve

2pm Tour lasting approx. one hour

3pm Afternoon Tea at Curve

Travel back to your home.

March Community Gathering

It was lovely to see so many people on a beautiful spring afternoon at the Peace Café in Kelmash for the March Community Gathering. For some this venue was a new discovery and for others a favourite place of tranquillity. All enjoyed the company, countryside views, blue sky, lambs/ ewes and spring flowers. There was the sound of animated conversation and many introductions.

There were 22 in total - 9 clients and 9 volunteers. This included 2 clients who came on their own, without their volunteers and 2 new volunteers who have done volunteer training but not been matched with clients yet. Our project community is growing!

We also had a visitor and Maureen, VASL's Charity Manager, joined us. Both enjoyed the event. Jenny talked to groups about the trip to Curve planned in April and people shared stories of what they have been doing through the project eg, learning how to use a computer, attending Bereavement and Dyslexia training, going out to a garden centre / for lunch, and enjoying regular home visits.

Feedback included "A good trip out this afternoon - a lovely venue but rather noisy. All improved when we managed to get onto the patio and be in the sunshine watching the ewes and lambs and admiring the flowers."

At the end one client accidentally took another's coat which led to a bit of confusion



but happily the right coats and their owners have now been reunited.